

## **Let God Carry It**

### **Ready:**

“Cast your burden on the Lord, and he will sustain you; he will never allow the righteous to be shaken.” – Psalm 55:22

### **Set**

Being competitive in your sport takes more than just learning how to play the game. The best athletes know a lot of their work happens off the field and in the gym, working on strength, agility, speed, flexibility and more body mechanics.

Occasionally, you will have heavy days where you try to lift more weight than usual. Those days are tough because you don't know how much your body can sustain. In the middle of a hard set or when you are maxing out, you only want to get the weight off you to release the burden.

It's a great feeling to finally push that weight up and be free from its heavy burden. You can breathe and relax, knowing you are no longer responsible for sustaining that weight. That feeling of relief you get when you're done lifting is the same emotional feeling of freedom we should have when we let the Lord relieve us of carrying the heavy burdens in life. Life is hard, and sometimes, we walk around trying to carry the weight of the whole world on our shoulders. We cannot do it; we will break and fail. Scripture tells us that if we trust the Lord and give our burdens to God, He has the power and strength to sustain us.

Seems simple, right? We cannot carry the weight, but God can, so we should just let Him. Often, though, our pride keeps us from admitting we aren't strong enough and that we need help. God is waiting to take the weight; all we need to do is acknowledge to Him that we can't lift it on our own.

### **Go**

- What is weighing heavy on your shoulders today? Is it a life situation? A team or performance situation?
- Why have you not given it over to God?

### **Workout**

#### **Isaiah 58:11**

#### **1 Peter 5:7**

### **Overtime**

“God, You are strong enough to carry any burden we have. Remove any pride that might stop us from asking and receiving Your help. Reveal to us the things that we are carrying that we need to set down before You. Amen.”



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